

Substance Abuse Prevention Services for Youth

What are the services?

- Division of Alcohol and Substance Abuse (DASA) is the state agency providing both publicly-funded treatment and prevention services for chemically dependent adolescents and their families. Both drug and alcohol abuse and dependencies are addressed.
- The following provides a summary of DASA Prevention Best Practices Programs offered around Washington State. There are additional programs offered through other agencies that are not addressed here.

All Stars

The All Stars program comes in two formats: middle school classroom format and community-based format. Each format reinforces the belief that risky behaviors are not normal or acceptable by the adolescent's peer group; cultivates the belief that risky behaviors do not fit with the youth's personal ideals and future aspirations; creates strong voluntary personal and public commitments to not participate in risky behaviors; strengthens relationships between the adolescent, social institutions, and significant adults; and helps parent to listen to their children, communicate clear no-use expectations about alcohol and other drugs, and support their children in working towards positive life goals.

Communities That Care

The Communities That Care (CTC) process is an operating system that provides research-based tools to help communities mobilize to promote the positive development of children and youth and to prevent adolescent problem behaviors that impede positive development including substance abuse, delinquency, teen pregnancy, school dropout, and violence.

Counter-Advertising

Research and experience demonstrate that adolescents develop attitudes, beliefs, and behaviors regarding tobacco use from peers, family members, television, and other cultural sources. Adolescents often think that tobacco use is more widespread and universally acceptable than it actually is. Advertising links tobacco use with peer acceptance, success, and good times. Media messages that promote negative images about tobacco use, reveal the number of teens who actually use tobacco, and address the unacceptableness of tobacco use should help change these perceived norms.

Creating Lasting Connections (CLC)

Creating Lasting Family Connections (CLFC) is a comprehensive family strengthening, substance abuse, and violence prevention curriculum that has scientifically demonstrated that youth and families in high-risk environments can be assisted to become strong, healthy, and supportive people. Program results, documented with children 11 to 15 years, have shown significant increases in children's resistance to the onset of substance use and reduction in use of alcohol and other drugs. CLFC provides parents and children with strong defenses against environmental risk factors by teaching appropriate skills for personal growth, family enhancement, and interpersonal communication, including refusal skills for both parents and youth.

Incredible Years

Short term objectives for parents are to improve communication skills with their children, improve limit-setting skills by means of nonviolent discipline techniques, improve their own problem-solving skills, and learn effective methods of anger management. For children, short term objectives include reduction of the frequency and number of conduct problems and improvement of prosocial skills.

Keep A Clear Mind

Keep A Clear Mind (KACM) is a parent/child substance abuse prevention program for families with children in grades four through six. This home-based program developed by the University of Arkansas uses a correspondence format and consists of four weekly lessons on alcohol, tobacco, marijuana, and tools to avoid drugs. KACM's overall goal is to increase parent/child communication regarding drug prevention and to develop specific youth beliefs and skills to refuse and avoid "gateway" drug use.

Leadership and Resiliency

The Leadership and Resiliency program is an evidence-based prevention and intervention modality affiliated with the Fairfax-Falls Church Community Services Board, Alcohol and Drug Services. The program focuses on enhancing the internal strengths and resiliency in youth, while preventing involvement in substance abuse and violence, using a three-tiered approach that involves clinical process groups, alternative activities, and community service projects. The Leadership and Resiliency program successfully reduces disciplinary problems while improving both school bonding and grades of high school youth.

Life Skills Training Program

The Life Skills Training universal classroom program is designed to address a wide range of risk and protective factors by teaching general personal and social skills in combination with drug resistance skills and normative education. The program consists of a 3-year prevention curriculum intended for middle school or junior high students. It contains 15 periods during the first year, 10 booster sessions during the second, and 5 sessions during the third. Three major content areas are covered by the Life Skills Training program: drug resistance skills and information, self-management skills, and general social skills.

Mentoring: Big Brothers/Big Sisters

Big Brothers/Big Sisters (BBBS) is a community mentoring program which matches an adult volunteer, known as a Big Brother or Big Sister, to a child, known as a Little Brother or Little Sister, with the expectation that a caring and supportive relationship will develop. Hence, the match between volunteer and child is the most important component of the intervention. Equally important, however, is the support of that match by the ongoing supervision and monitoring of the match relationship by a professional staff member. The professional staff member selects, matches, monitors, and closes the relationship with the volunteer and child, and communicates with the volunteer, parent/guardian, and the child throughout the matched relationship.

NICASA Parent Project

The Parent Project was designed specifically to meet the needs of working parents in the workplace environment to address issues of effective parenting. The goals of the program are to enrich family relationships and promote healthy environments that build resistance to social and personal dysfunction. Specifically, it focuses on the need to: establish supportive networks among working parents; improve parent/child relationships; increase ability to balance work and family life; improve corporate climate for workers; and improve parent skills in preventing and identifying substance abuse problems in themselves and their children.

Nurturing Program

The Nurturing Parenting Programs are validated, family-centered programs designed to build nurturing skills as alternatives to abusive parenting and child rearing attitudes and practices. The ultimate outcomes are to stop the generational cycle of child abuse by building nurturing parenting skills; reduce the rate of recidivism; reduce the rate of juvenile delinquency and alcohol abuse; and lower the rate of multi-para teenage pregnancies.

Parent and Family Skills Training (general)

Family functioning, structure, and values have a significant impact on children's capacity to develop prosocial skills and cope with life's challenges. Parent and family skills training can provide parents and family members with new skills. These skills enable families to better nurture and protect their children, help children develop prosocial behaviors, and train families to deal with particularly challenging children.

Parenting Skills Program

Primary program objectives are to teach parents communication skills and child management skills that will result in improved parent-child relationships and foster good psycho-social adjustment in the children. Parent use of these skills is related to freedom from drug and alcohol abuse, delinquency, teen-aged pregnancy and school dropout. Improved academic performance and pro-social skills are expected.

Positive Action

Positive Action is a recognized, research-based proven effective program that is an integrated, comprehensive, coherent program for schools, families, and communities that improves the academic achievement and multiple behaviors of children and adolescents. It is a K-12 age appropriate curriculum, a climate program, a family curriculum and parent involvement program, a community involvement program, and an after-school program. It is intensive, with lessons at each grade level from Kindergarten through 12th grade that are reinforced all day, school-wide, at home and in the community. All components can stand alone and are useful in a variety of settings besides schools. The program is easy to use. All the lessons and materials, that are colorful, interesting and meaningful, are completely planned and prepared, ready for use. Quality training ensures high level implementation. Effects cover multiple behavioral and achievement domains.

Preparing for the Drug Free Years (PDFY)

Preparing For The Drug Free Years (PDFY) is a multi-media program developed by David Hawkins, Ph.D. and Richard Catalano, Ph.D. that provides parents of children in 4th through 8th grades the knowledge and skills they need to guide their children through early adolescence. The program aims to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding in the family, and teach skills to parents and children to successfully meet the expectations of their family and resist drug use.

Project ALERT

Project ALERT is a school-based, social resistance approach to drug abuse prevention. The curriculum specifically targets cigarettes, alcohol, and marijuana use.

Project Northland

The goal of Project Northland is to prevent or reduce alcohol use among young adolescents by using a multilevel, community-wide approach. Conducted in 24 school districts in northeastern Minnesota since 1991, the intervention targets the class of 1998 (sixth-grade students in 1991). The program consists of: social-behavioral curricula in schools, peer leadership (designed to increase peer pressure resistance and social competence skills), parental involvement/education (to provide parental support and modeling), and community-wide task force activities (designed to change the larger environment).

Project SUCCESS

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) [an adaptation of the Residential Student Assistance Program model] prevents and reduces substance use among high-risk, multiproblem high school adolescents. Developed and tested with alternative school youth 14 to 18 years old, the program places highly trained professionals in schools to provide a full range of substance use prevention and early intervention services.

Project Towards No Drug Abuse

Project Towards No Drug Abuse (TND) includes 12 classroom-based lessons, approximately 40 to 50 minutes each, designed to be implemented over a four-week period, although they could be spread out over as long as five weeks on the condition that all lessons are taught. The instruction to students provides detailed information about the social and health consequences of drug use and addresses topics including instruction in active listening, effective communication skills, stress management, tobacco cessation techniques and self-control to counteract risk factors for drug abuse relevant to older teens.

Retailer-Directed Interventions

The primary goal of tobacco retailer-directed interventions is to reduce tobacco sales to minors and tobacco purchases by minors. Within this approach, research and practice is divided into three clusters: merchant and community education about adolescent tobacco use and laws prohibiting tobacco sales to minors, enactment of laws prohibiting tobacco sales to minors and enforcement of laws prohibiting tobacco sales to minors combined with merchant and community education about adolescent tobacco use and the laws prohibiting tobacco sales to minors.

Second Step: A Violence Prevention Curriculum

The Second Step program is a classroom-based social skills program for preschool through junior high students (4 to 14 years old). It reduces aggressive behaviors and increases children's social-emotional competence.

Sembrando Salud

Sembrando Salud is a culturally sensitive tobacco and alcohol use prevention program specifically adapted for migrant Hispanic youth and their families. The program is designed to improve parent-child communication skills as a way of improving and maintaining healthy youth decision-making. Sembrando Salud contains a school and family curriculum delivered by bilingual/bicultural college students.

SMART Leaders

SMART Leaders is a curriculum-based program that uses role-playing, group activities, and discussion to promote social and decision-making skills in racially diverse 14-to 17-year-olds. As participants advance in the program, they are involved in educational discussions on alcohol, tobacco, and other drugs and have the opportunity to recruit other youth for the program and assist with sessions offered to younger boys and girls. Evaluation results show the effectiveness of this multiyear approach in promoting refusal skills and creating drug-free peer leaders.

Strengthening Families Program

The Strengthening Families Program (SFP) involves elementary school aged children (6 to 12 years old) and their families in family skills training sessions. SFP uses family systems and cognitive-behavioral approaches to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems. It builds on protective factors by: improving family relationships, improving parenting skills, and increasing the youth's social and life skills.

Strengthening Families Program: 10-14

The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14), resulted from an adaptation of the Strengthening Families Program (SFP), developed at the University of Utah. Formerly called the Iowa Strengthening Families Program, the long range goal of the curriculum is reduced substance use and behavior problems during adolescence. Intermediate objectives include improved skills in nurturing and child management by parents, improved interpersonal and personal competencies among youth, and prosocial skills in youth. Parents of all educational levels are targeted and printed materials for parents are written at an 8th grade reading level. All parent sessions, two youth, and two family sessions use videotapes portraying prosocial behaviors and are appropriate for multi-ethnic families.

Tutoring

The Too Good for Drugs (TGFD) program is a Kindergarten through Grade 12 multifaceted, interactive social influence intervention using a universal education strategy. The program is a long-term intervention that builds skills sequentially with the intention of preventing ATOD use and promoting healthy decision-making and positive, healthy youth development. This program is designed to benefit everyone in the school by providing needed education in social and emotional competencies and by reducing risk factors and building protective factors that affect most students.

12-19 Year-old Participants Enrolled in DASA Prevention Best Practice Programs
By DSHS Region and Count

County	Program Name	Clients
Region 1		
ADAMS		
	Project ALERT	1012
	Strengthening Families Program: 10-14	30
CHELAN/DOUGLAS		
	Life Skills Training Program	106
	Strengthening Families Program: 10-14	51
FERRY		
	Life Skills Training Program	4
	Mentoring: Big Brothers/Big Sisters	2
	Strengthening Families Program: 10-14	9
GRANT		
	All Stars	35
	Strengthening Families Program	21
LINCOLN		
	Life Skills Training Program	169
	Strengthening Families Program: 10-14	2
OKANOGAN		
	Strengthening Families Program: 10-14	40
PEND OREILLE		
	Life Skills Training Program	4
SPOKANE		
	Nurturing Program	10
	Positive Action	33
	Project ALERT	390
	Second Step: A Violence Prevention Curriculum	5
	Strengthening Families Program: 10-14	32
STEVENS		
	Life Skills Training Program	69
	Strengthening Families Program: 10-14	9
WHITMAN		
	Counter-Advertising	6
	Life Skills Training Program	6
Region 2		
ASOTIN		
	Nurturing Program	2
	Strengthening Families Program: 10-14	12
BENTON/FRANKLIN		
	Parents Who Care	1
	Project ALERT	213
	Strengthening Families Program: 10-14	9
Klickitat		

County	Program Name	Clients
WALLA WALLA	Project SUCCESS	22
	Keep A Clear Mind	10
	Life Skills Training Program	104
YAKIMA	Incredible Years	8
	Life Skills Training Program	301
	Preparing for the Drug Free Years (PDFY)	8
Region 3		
ISLAND	Strengthening Families Program: 10-14	66
	Mentoring: Big Brothers/Big Sisters	10
SAN JUAN	Strengthening Families Program: 10-14	4
	Life Skills Training Program	35
SKAGIT	Sembrando Salud	7
	Strengthening Families Program: 10-14	18
	Communities That Care	13
SNOHOMISH	Life Skills Training Program	862
	Mentoring: Big Brothers/Big Sisters	13
UPPER SKAGIT	Life Skills Training Program	9
	Mentoring: Big Brothers/Big Sisters	9
WHATCOM	Project ALERT	585
	Strengthening Families Program: 10-14	30
	Life Skills Training Program	39
Region 4		
KING	Creating Lasting Connections (CLC)	55
	Life Skills Training Program	592
	Mentoring: Big Brothers/Big Sisters	93
	Nurturing Program	10
	Parenting Skills Program	4
	Preparing for the Drug Free Years (PDFY)	10
	Project ALERT	1538
	Strengthening Families Program: 10-14	81
	Parent and Family Skills Training (general)	91
	Tutoring	27
Region 5		
KITSAP	Life Skills Training Program	1576
	Life Skills Training Program	1576
PIERCE	Life Skills Training Program	1576
	Life Skills Training Program	1576

County	Program Name	Clients
	Mentoring: Big Brothers/Big Sisters	78
	Project ALERT	337
	Project Towards No Drug Abuse	287
	Tutoring	195
Region 6		
CLALLAM	Nurturing Program	2
	Strengthening Families Program	1
CLARK	Mentoring: Big Brothers/Big Sisters	4
	NICASA Parent Project	2
COWLITZ - C	Strengthening Families Program	1
JAMESTOWN S` KLALLAM	Mentoring: Big Brothers/Big Sisters	8
JEFFERSON	Mentoring: Big Brothers/Big Sisters	1
	Project ALERT	382
	Retailer-Directed Interventions	18
	SMART Leaders	89
	Strengthening Families Program: 10-14	8
LEWIS	Nurturing Program	52
	Strengthening Families Program	1
	Strengthening Families Program: 10-14	19
MASON	Project Northland	48
	Strengthening Families Program	12
PACIFIC	All Stars	181
	Project ALERT	104
SKAMANIA	Leadership and Resiliency	578
	Life Skills Training Program	13
	Mentoring: Big Brothers/Big Sisters	9
THURSTON	Parenting Wisely	1
WAHKIAKUM	Strengthening Families Program	1
	Strengthening Families Program: 10-14	3